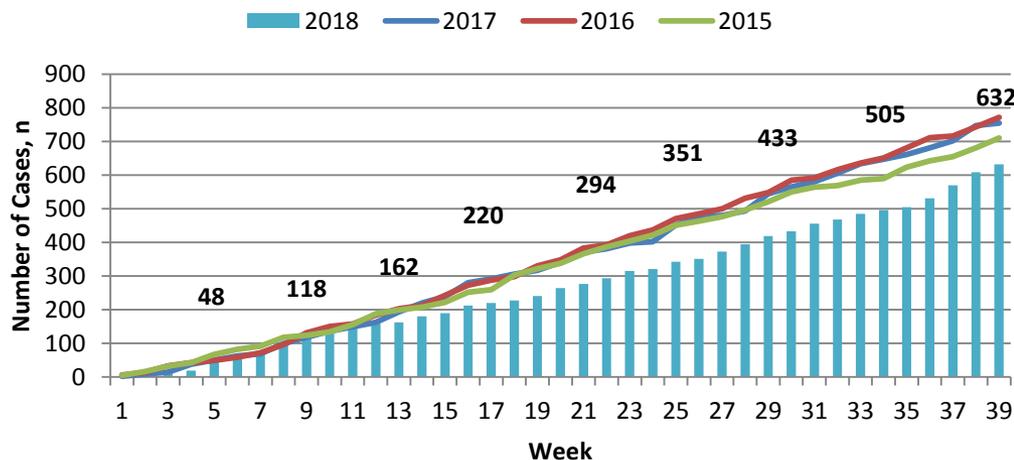


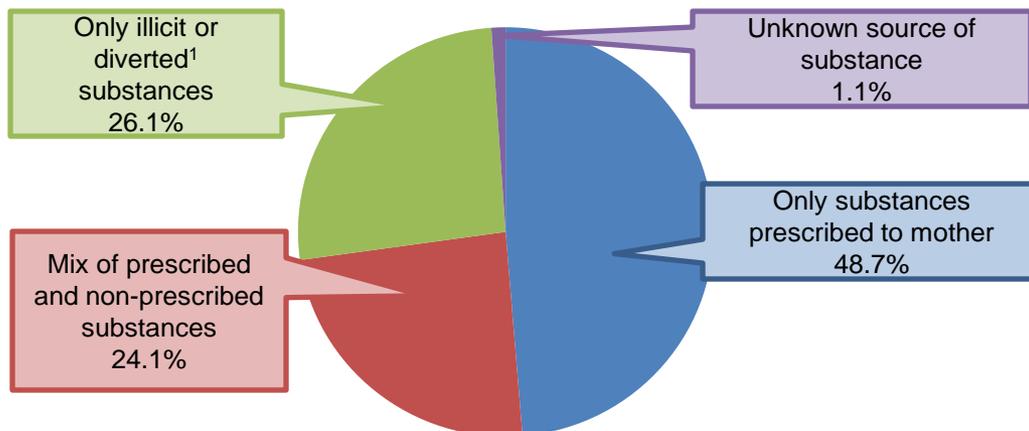
Neonatal Abstinence Syndrome Surveillance

August Update (Data through 09/27/2018)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **632 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018
- In the majority of NAS cases (**72.8%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2018 have occurred in the Northeast, Upper Cumberland and East Health Regions, and Sullivan County.

NAS Prevention Highlight – During the 2018 legislative session, the Tennessee General Assembly and Governor took numerous steps to address the NAS and the state’s opioid epidemic. The comprehensive plan to impact prevention, treatment and enforcement [TN Together](#) was just one of many policies and practices put in place to reduce injury due to opioid misuse. The [Long-Acting Birth Control Information Act](#) established public education about VRLACs (voluntary long-acting contraceptives) and now requires training for family planning and health centers to provide access to VRLACs. Also, funding was approved to grant [Families Free](#), a faith-based organization in Northeast Tennessee, resources to provide services to mothers and children affected by NAS and other adult women with a history of substance abuse.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	420	66.5
Legal prescription of an opioid pain reliever	43	6.8
Legal prescription of a non-opioid	50	7.9
Prescription opioid obtained without a prescription	207	32.8
Non-opioid prescription substance obtained without a prescription	78	12.3
Heroin	39	6.2
Other non-prescription substance	141	22.3
No known exposure	5	0.8
Other	11	1.7

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	45	6.0
East	142	24.4
Hamilton	20	6.3
Jackson/Madison	2	2.2
Knox	53	13.7
Mid-Cumberland	77	6.4
North East	97	39.4
Shelby	30	3.0
South Central	24	6.5
South East	18	6.4
Sullivan	31	26.5
Upper Cumberland	77	26.8
West	16	3.7
Total	632	10.4

NAS Prevention Opportunities

Women of Childbearing Age

- Taking opioids early in pregnancy can cause birth defects and serious problems for infants and mothers.
- Women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.
- Discuss risks and benefits of any medications you are taking with your healthcare provider you become pregnant.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.
- Educate patients about Tennessee REDLINE at 800-889-9789.

Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Ask your physician about [Naloxone](#) to reduce overdose death risks for those addicted to opioids.
- Utilize [prescription drug take-back boxes](#) to properly dispose of unused medications.

Notes

1. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
2. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/nas>

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